

Harwich Community Center News



March 2023



Phone: 508-430-7568

Director's Update

March 20th is the Equinox!

The Equinox is a brilliant time of new beginnings. The March equinox is the moment the sun crosses the celestial equator—making day and night about equal in length according to the Farmer's Almanac. "Balance" and new perspectives come into play.

Now that we are emerging from the deepest, darkest days of winter, it's nearly impossible not to feel the possibilities inherent in the turning of the season. Nothing matches the rising energy of spring, both in nature and within ourselves.

For those who have difficulty with the deep winter, this is a time of renewal, rejoicing, growth and celebration. Maybe our lives begin to feel a little less off-kilter, more aligned with what we wish and hope they could be. And it's not always that things are so different, but our perspective changes. Try to make the most of each day. Whether you plant a garden, start a new hobby, join a group or committee, volunteer, or make other changes, do those things with a "new perspective."

Don't waste even one more day of the light and beauty in the outdoors or within you. "Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." – Luther Burbank

Wishing you balance and new perspectives. ~ Carolyn Carey

Daylight Savings Time – Don't Forget!

Spring forward on March 12th!

Daylight savings time begins at 2AM on Sunday, March 12th, so remember to set your clocks forward one hour before you go to bed Saturday night.



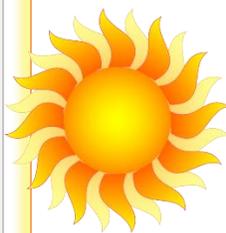
FREE! March 8th is International Women's Day!

International Women's Day is the perfect time to show your gratitude toward a woman who inspires you. Send your mom or grandma a bouquet and thank them for everything they've taught you. Surprise your best friend with a thoughtful letter. Reach out to a female leader in your community and thank them for their work. It may be a small gesture for you, but it will be incredibly meaningful for them.

Thank the women who inspire you!

Stop in between March 1st – March 8th and grab a thank you note to send to a woman who has made a difference for you.

While you're here, be sure to put the person's name on a paper flower and we will 'plant' it in the Community Center garden of inspiring women for the month of March.



Sunrise Walk – March 20th at 6:44AM

FREE!

Join us at the Community Center for a *Sunrise Walk* in celebration of the Spring Equinox! The walk will be outside (weather permitting—if needed, it will be moved inside), and will be led by Carolyn Carey.

Light refreshments will be served.



Grab a Tea with Me!

March 20th, starting @ 5:00PM

Stop by for a FREE cup of tea (or coffee) to discuss any ideas or concerns you might have about the Community Center.

All are welcome!

Join Us As We Grow!

FREE!

Thursday, March 30th – 5:30PM-6:30PM

Come decorate a planter and get some seeds to get you started on your own garden.

Call 508-430-7568 to sign up. Space is limited!



Event Calendar & Schedule

Monday – Building closes at 6PM

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Cranberry Rug Hookers	9:30AM – 1:00PM
Quilt Bank	9:00AM – 2:00PM
Indoor Walking Club	11:00AM – 11:45AM
Jill's Exercise Class	11:30AM – 12:30PM
Men's 55+ Basketball	12:00PM – 2:00PM
Ukulele Class: Strumming	1:00PM – 2:00PM
Ukulele Class: Beginners	2:00PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Newcomers Cornhole Toss	3:00PM-5:00PM
Wellness Clinic	4:00PM – 5:00PM
Zumba	5:00PM – 6:00PM

Tuesday

Walking Club	6:00AM – 8:00AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Coffee Connections	9:00AM – 10:00AM
Mah Jongg	9:30AM – 12:30PM
COA SHINE	9:30AM – 12:30PM
Intermediate Tai Chi	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 10:45AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
Citizen's Energy Academy	11:00AM – 12:00PM
Homeless Prevention Council	1:00PM – 3:00PM
Mah Jongg	1:00PM – 4:00PM
COA-Computer Basics	1:00PM – 2:30PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Children's Pajama Playgroup	5:30PM – 6:15PM
Town Band	6:30PM – 8:00PM
18+ Co-Ed Basketball	7:30PM – 8:45PM

Wednesday

Walking Club	6:00AM – 8:00AM
Bit of Bliss Yoga	9:30AM – 10:30AM
Wellness Clinic	9:30AM – 12:00PM
Wednesday Stitchers	10:00AM – 2:30PM
Newcomers Ping Pong	10:00AM – 11:00AM
Indoor Walking Group	10:00AM – 11:45AM
QiGong	10:00AM – 11:00AM
Men's 55+ Basketball	12:00PM – 2:00PM
COA Sign Language	1:00PM – 2:00PM
Cranberry Mah Jongg	1:00PM – 4:00PM
COA Fit & Strong	1:30PM – 3:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Community Orchestra	6:00PM – 8:40PM
18+ Co-Ed Basketball	7:30PM – 8:45PM
NA	7:30PM – 9:00PM

Council on Aging Activities

Mindfulness Meditation: Mar 6th, 1PM-2PM
Chair Yoga: Mar 8th & 22nd, 11AM-12PM
Men's Breakfast: Mar 10th, 9:15AM-10:30AM
Men's Book Club: Mar 10th, 11AM-12PM
Horticulture Happy Hour: Mar 16th, 10AM-11AM
Beyond The Book: Mar 17th, 10AM-11AM
Singing Group: Mar 23rd, 10AM-11AM
Sea Captains of Cape Cod: Mar 23rd, 10AM-11AM
Mobile Dental Clinic: Mar 24th, 9AM-3PM
Women's Breakfast: Mar 24th, 9:15AM-10:30AM

Thursday

Walking Club	6:00AM – 8:00AM
CC Business Referrals	7:00AM – 8:30AM
Zumba	7:30AM – 8:30AM
Lumi Yoga & Wellness	9:00AM – 10:15AM
Children's Playgroup	10:00AM – 12:30PM
Indoor Walking Group	11:00AM – 11:45AM
Open Gym	12:00PM – 2:00PM
Harwich Artists Open Painting	1:00PM-3:30PM
Bayberry Quilters	1:00PM – 4:00PM
After School Youth Rec	2:30PM – 5:00PM
Rec Youth Basketball	5:00PM – 7:30PM
Zumba	5:30PM – 6:30PM
Adult Volleyball	6:30PM – 8:45PM
Sound Dunes Swing Band	6:30PM – 8:30PM

Friday

Walking Club	6:00AM – 8:00AM
Rec Sit/Fit Class	9:30AM – 10:30AM
Intermediate Tai Chi	10:00AM – 11:00AM
Beginner Tai Chi	11:15AM – 12:15PM
Senior Volleyball	11:00AM – 1:00PM
COA-Computer Basics	1:00PM – 2:30PM
Men's 55+ Basketball	1:00PM – 3:00PM
Master Gardeners	1:00PM – 5:30PM
COA Fit & Strong	1:30PM – 3:30PM
After School Youth Rec	2:30PM – 5:00PM
Al-Anon	5:30PM-6:30PM

Saturday

Lumi Yoga & Wellness	9:00AM – 10:00AM
Open Gym	12:00PM – 3:45PM

Schedule is subject to change.

For more information about specific classes, as well as contact information for groups & instructors, please contact the Community Center at 508-430-7568. For information on all events, please check our event schedule online:

harwich-ma.gov/community-center

Game Room Hours: The Game Room is open for general use during normal building hours.

**Note: The Game Room is unavailable on Thursdays from 10AM-11PM.*

Open Gym Schedule

Tuesdays

1:00PM-2:30PM

Thursdays

12:00PM-2:30PM

Saturdays

9:00AM-11:00AM

(Family/Children*)

12:00PM-3:45PM (All ages)

**Children must be accompanied by an adult*

Other Events

- **Newcomer's Game Night:** March 2nd, 6:30PM-8:45PM
- **Balance Boosters:** March 2nd, 7th, 9th, 14th & 16th, 12:15PM-1PM
- **COA Brown Bag Program:** March 3rd, 8AM-12PM
- **Bayside Brawlers:** March 3rd, 6PM-8PM
- **Selectmen Budget Meeting:** March 4th
- **Harwich Democrats:** March 4th, 10AM-11:30AM
- **KD Quilters:** March 6th & 20th, 9:30AM-1PM
- **Sight Loss:** March 7th, 9:30AM-12:30PM
- **Garden Club Meeting:** March 7th, 1PM-3:30PM
- **Insight Meditation:** March 7th, 7PM-9PM
- **WILPF:** March 7th, 5:30PM-7:45PM
- **Friends of COA:** March 8th, 10AM-11:30AM
- **Women's Club Meeting:** March 9th, 1:30PM-3:30PM
- **WILPF:** March 10th, 7PM-8:30PM
- **Harwich Conservation Trust Winter Talk:** March 11th, 1PM-2PM
- **Cub Scouts:** March 11th, 11AM-12PM
- **Newcomers General Meeting:** March 13th, 9AM-11AM
- **Sharing Kindness:** March 14th & 28th, 5:30PM-7:30PM
- **Jill's Senior Exercise:** March 15th, 17th, 22nd, 24th, 29th & 31st, 9:15AM-10:15AM
- **Harwich Republicans:** March 16th, 5PM-6PM
- **Big Screen Movie Day:** March 17th, 1PM-3PM
- **Artists Monthly Meeting:** March 18th, 2PM-4PM
- **Cranberry Rug Hookers:** March 18th, 9:15AM-1:15PM
- **Outdoor Sunrise Walk:** March 20th, starting at 6:44AM
- **Grab a Tea with Me:** March 20th, starting at 5PM
- **Cranberry Festival Meeting:** March 22nd, 6:30PM-9PM
- **Women's Book Club:** March 27th, 2PM-3:30PM
- **Stop the Bleed Training:** March 27th, 10:30AM-12PM
- **Join Us As We Grow:** March 30th, 5:30PM-6:30PM
- **March 29th through April 1st: Sign up for DIY Egg Hunt Take-Home Kits!**



Harwich Conservation Trust
Winter Talks

Registration is
 \$5 per person



March 11th, 1PM - 2PM – Six Ponds District of Critical Planning Concern

Please join the Harwich Conservation Trust to learn what lies ahead for the Six Ponds District of Critical Planning Concern. The 1,200-acre Six Ponds region in East Harwich is recognized for its extensive and regionally significant natural, cultural and recreational resources. More than two decades ago, in an effort to guard against over-development, Barnstable County designated the Six Ponds area as a District of Critical Planning Concern. In this talk, presenter Carole Ridley will cover the range of ecologically significant features of this area, the protective management measures undertaken, and the current management challenges and opportunities available to ensure that the Six Ponds area is preserved for future generations.



DIY *Take-home kits*
EGG
Hunt

Sign up for a DIY Egg Hunt Take-Home Kit!

Registration must be made by April 1st

The Harwich Community Center will be handing out Do-it-Yourself Egg Hunt Kits, so that you can set up your very own egg hunt at home.

REGISTRATION IS REQUIRED!

Call us at 508-430-7568 to schedule a pick-up time, and let us know how many kids you have.

*Available pick-up times will be from
 April 4th – 6th, 9AM-3PM, at the front desk*

Women Working for Change: Then & Now

Friday, March 10th, 6:30PM-8:30PM

In the Community Center Multi-Room

Join us in celebrating over 100 years of WILPF and over 50 years of the Cape Cod Branch working for Peace and Freedom! Entertainment by World Music Fiddler, Denya LeVine. Light refreshments are provided.



WILPF

WOMEN'S INTERNATIONAL
 LEAGUE FOR PEACE & FREEDOM

Free & open to all!

For more information, contact Donna Pihl at dpihl2@comcast.net

It was an honor for the Community Center to receive this thank you letter from The Massachusetts Department of Children and Families, but this acknowledgement really goes out to each of you for your participation, support, and unwavering generosity.

The Massachusetts Department of Children and Families truly appreciated you making a difference

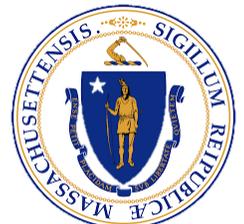
Once upon a time, on a day after a big storm, a young boy went to the beach and saw hundreds of live sand dollars along the edge of the water. So very carefully, the boy picked up a sand dollar in each hand and carried them out beyond the breaking waves and gently placed them back on the ocean floor. The boy went back and forth, back and forth, carrying two sand dollars on each trip. A man came along the beach and stopped to watch the boy. After a few moments, the man called to the boy saying, "What are you doing? Don't you know that you can't save all of these sand dollars? There is no way you can make a difference." The boy picked up two more sand dollars, looked at the man, and walked back past the breaking waves. The boy gently placed the sand dollars back in the water, stood up, and called back to the man, ***"I made a difference to those two."***

Thank You

Your support & generosity helped fulfill the wishes of the children and families that we work with this holiday season



Michelle Canto



Center Stage: KD Quilters

Do you have a sewing or quilting project that you would like to work on but keep putting off? KD Quilting may be the perfect group for you! It is an informal gathering of hobbyists who enjoy socializing while working on their individual projects. Meeting regularly with others is a key ingredient for motivation and creativity, and a great way to have fun!



KD Quilters meets at the Community Center on Mondays, twice each month, and is open to all levels. If you are interested in attending, please reach out to Hilary Ward at hilaryward25@hotmail.com, or call the Community Center for more information.



VOLUNTEER OPPORTUNITIES

We are seeking volunteers for our many fun projects throughout the year. Whether you have a special talent, a special interest or a desire to make new connections in the community, we would love your help! **To find out more about current volunteer opportunities, please call us at 508-430-7568.**

Fitness Room Updates

Tips for Healthy Eating

- Eat more fruits and vegetables
- Increase your fiber intake
- Drink more water
- Plan and prep your meals
- Practice mindful eating



What is Mindful Eating?

Mindful eating is about maintaining an awareness of what you eat and drink in the moment. It involves observing how the food makes you feel (taste, satisfaction, and fullness), and invites you to be present while cooking or eating so that you can savor your food without guilt, anxiety or judgement.

Sign Up for Our Fitness Room Today!

Monthly Memberships available for just \$15

The fitness room is available to Harwich residents with a membership and to Silver Sneakers members. Sign up at the front desk today. Proof of residency or a Silver Sneakers membership card must be provided to sign up.

How can we improve our fitness room?

We are always interested in making the fitness room even better! Please let us know if you have any ideas or suggestions.

Fitness Room Member Spotlight! Paula Sullivan

Paula hails from Natick, Mass, but growing up, she spent her summers here on Cape Cod. She later settled on Martha's Vineyard where she spent 16 years in a rewarding career as a post master. Upon retiring, Paula moved to Harwich and has been an active resident for seven years now, spending her free time fishing, kayaking, gardening, as well as volunteering at the food pantry and walking her two young dogs every morning in Thompson's Field.



Paula has been a member of our fitness room off and on for three years now, and has just recently started back up again as an active member. Her workout routine includes use of the elliptical, stationary bike, and finishing it all up with time on the treadmill. She likes the Community Center's fitness room because it is a convenient five minute walk away from her house. She expressed that she appreciates the open availability of the equipment in the evenings, and that everything is low-key and kept clean.

Welcome back to our fitness room, Paula!



Gardening Tips from Toni

Get to Know the Roses

Savannah, another no spray rose from Kordes

This pink tea rose, planted in 2016 in the Top O'Neill Rose Garden is, without a doubt, the best all-around shrub rose in the garden. It frames the bench at the south entrance to the COA and perfumes the entire area with its 4 inch double blooms. *Savannah* has shiny dark green leathery leaves with a high resistance to blackspot.

During WW1, Wilhelm Kordes was interred as an enemy alien on the Isle of Man. He was in the prison camp for 4^{1/2} years. Wilhelm, a nurseryman and rosarian took this opportunity to study all aspects of rose breeding. He observed what he called "Go and Comes". Features like fragrance, repeat blooming, leaf characteristics, and color that would disappear for a generation and then reappear in future generations. Years later, he used all this information in his breeding work at the family nursery, W. Kordes Sohne. He developed many great roses, *Crimson Glory* being one of them, but *Rosa Kordessii* seems to me to be most notable.

Rosa Kordessii exists because Wilhelm Kordes understood the value in one seedling from a *Max Graff* rose hip. This seedling carried with it the hardiness and disease resistance of two rose species and was able to transmit these traits to other roses. The shiny, healthy leaves on most Kordes roses go back to *Rosa Kordessii*. Felicitas Svejda used *Rosa Kordessii* in breeding the *Explorer* series of hardy roses.



Town of Harwich – Hall of Fame D. Isabel Smith Inducted May 2007

"D. Isabel Smith and her husband honeymooned at the old Melrose Inn in Harwich Port, and after many year of vacationing at different places on the Cape, decided on Harwich as their retirement home. It was in retirement that Isabel really hit her environmental stride and made a difference to the Town of Harwich.

Always a lover of the outdoors and gardening, she was a member of the Harwich Garden Club, and in 1987 led the grass roots citizen campaign to convince the state and town to coordinate efforts leading to the protection of all the land around Oliver's Pond in East Harwich. On the heels of that success, Isabel helped in 1988 to establish the Harwich Conservation Trust, a local non-profit organization dedicated to the protection of open space in the town and served as its Vice President for many years up until her death..."



To learn more about Isabel Smith and other important Harwich residents of the past, visit the Harwich Community Center's *Hall of Fame*.

The Town of Harwich Hall of Fame is a display honoring Harwich residents, both past and present, who have had a significant impact on our town and community. It is located in the main hallway outside of the Community Center's gymnasium.

To nominate someone for the Hall of Fame, you must:

1. Complete a Hall of Fame Nomination Form (available at Town Hall) and return it to the Selectmen's Office
2. Provide a 5X7 photo of the individual
3. Include a written summary of who the person is and why they should be included in the hall of fame

Once a completed packet is received, it must go before the Board of Selectmen for approval.

Grab a book at our Little Book Nook!

Stop by to check out the Harwich Community Center's "Little Book Nook," where kids, along with their families, caregivers and teachers can pick out a book from our book shelf to take home and enjoy. Donations of new and gently used children's books are always welcome!



Reflections – A look back at last month...

It was a Happy 23rd Birthday for The Harwich Community Center! Thank you to everyone in our community for 23 years of support, fun and adventure! Looking forward to many more years to come!

It was the Month of the Duck at the Community Center!

Feb 1st - 7th – ‘Decorate a Duck’ was a fun activity for adults and children to use their imagination in decorating a yellow duck provided by the Harwich Community Center.



Feb 21st - 24th – Life was ducky at the Community Center with a colorful array of the decorated ‘Ducks on Display’! Prizes were given for Most Creative, Best Harwich Community Center Duck, and Best Overall.

Congratulations to our ‘Ducks on Display’ prize winners!

‘Most Creative’ Winner:
Janet Cardillo



‘Best Harwich Community Center Duck’ Winner: **Cindy Spearman**



‘Best Overall’ Winner: **Kate Taylor**



Feb 22nd – At the annual ‘Find a Duck’, duck hunters had a “ducky” time searching for the 10 most wanted ducks that were hidden both indoors and outside on the grounds of the Community Center. Prizes were given to all who found a hidden duck.



Feb 15th – The Community Center, in partnership with **Cape Cod Bikefit**, offered a second free info session on bike basics, which covered the topics of bike repair and maintenance.



Feb 21st – Mad Science ‘Up, Up and Away’ was a spellbinding special event that introduced children to the principles of air pressure and flight. Children had the chance to watch a hovercraft in action!



Feb 21st – The *Harwich Garden Club* created beautiful table arrangements for the *Meals on Wheels Program*.



Feb 23rd – Community groups, clubs, organizations and the general public offered items for sale at the HCC 'Indoor Community Yard Sale'.



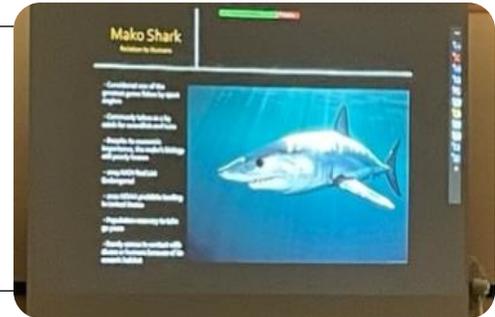
Harwich Conservation Trust - Winter Talks Series



Feb 4th – In accordance with their mission, The Woods Hole's Sea Education Association presented their research on the global problem of plastic pollution in the marine environment. Due to the extreme temperature, it was held virtually.

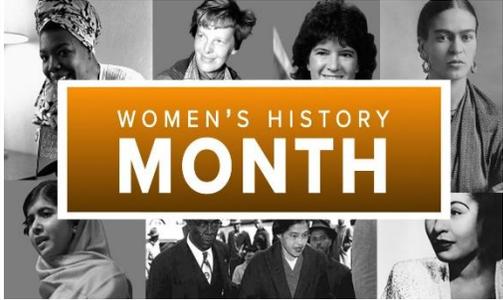


Feb 11th – The audience enjoyed images of a photo odyssey of 'Sharks of the North Atlantic Ocean' by Dr. Tom Burns, who also shared his fascinating research and his close encounter experiences as a diver beneath the surface.



Feb 25th – It was a fascinating presentation led by Andrea Petitto, an artist and wildlife enthusiast, on the unique features, origins and animal life of the Galapagos Islands.





WOMEN'S HISTORY
MONTH

Celebrating Women's History Month!

"Fight for the things that you care about, but do it in a way that will lead others to join you."

— Ruth Bader Ginsburg

Free Covid Tests are available in the Community Center front lobby. Stop by to pick one up today!



Long-sleeve t-shirts are available for just \$20!

We also have crew, hooded, and full-zip sweatshirts available for just \$30 (color and sizes are based on availability)—and grey quarter snaps are \$40.

Stop by today to see what we have in stock!



For information about weather-related closures of the Harwich Community Center, tune in to any of the following radio stations:

- **WCOD 106.1**
- **WXTK 95.1**
- **WOMR 92.1**
- **WQRC 99.9**

Sign Up for Emergency and Routine Notifications

Harwich wants to make sure its citizens are safe and informed. The CivicReady mass notification solution is a communication service available to citizens wanting to receive emergency and routine notifications, as well as alerts about the Community Center, Brooks Free Library, Election notices, Employment alerts, Beach info, and Police Detours.

To sign up, scan the QR Code, or visit the website here:



harwich-ma.gov/home/pages/notifications

Building Hours of Operation

Monday: 6AM - 6PM
Tuesday—Friday: 6AM - 9PM
Saturday: 8AM - 4PM
Sunday: Closed

Fitness Room Hours

Monday: 6AM-6PM
Tuesday – Friday: 6AM-8PM
Saturday: 8AM-4PM

Harwich Community Center

100 Oak Street
Harwich, MA 02645
Phone: 508-430-7568
Fax: 508-430-7085

Website: www.harwich-ma.gov/community-center

Email: ccarey@town.harwich.ma.us

If you would like to sign up for our Newsletter to be emailed to you, give us a call, or stop by the front desk today!

You can find earlier issues of our newsletter on our webpage

Community Center Phone Directory

Harwich Community Center: (508) 430-7568
Council on Aging: (508) 430-7550
Recreation Department: (508) 430-7553
Channel 18: (508) 430-7569
Town Nurse: (508) 430-7505
Veterans' Affairs: (508) 430-7510
Cemetery Commission: (508) 430-7549
Cultural Center: (774) 212-3482



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